Example for men 25-35



Viamin C (1000 mg)

- ① 13:00

Solgar



Aloe Vera Gel Concentrate (5000 mg)

- ① 10:00, 15:00

LifeTime Vitamins



Olive Leaf

- 9:00, 15:00

California Gold Nutrition



Hawaiian Spirulina

- 12:00, 15:00

Nutrex Hawaii



Alpha GPS (300 mg)

- ① 10:00, 14:00

Now Foods

The exact name of the supplements

Instructions for taking. Time and number of tablets.



Intake schedule

Take during 2 weeks according to the scheme. Pause for 1 week.

When buying our product, you receive detailed instructions for taking supplements with the time of their intake, manufacturer and duration. All you have to do is start taking supplements and get results.

Now you see an example of this instruction. When you purchase on the site, you will receive instructions for taking supplements in the same design, but with other supplements that suit your goals.

This instruction is only an example and does not need to be followed. We made it for you so that you understand what you are buying and how it works.

You should consult your doctor before making a decision.



You can distribute our programs and get rewarded for it. See more on our website:

powlifer.com/pages/referral



You can get a discount on the purchase of supplements.

See more on our website:

powlifer.com/pages/discount

